

Lincoln Youth Volleyball
Coaches & Parents Resource Packet
www.LincolnYouthSports.com



Keys to a Successful Practice

- Plan Ahead
- Arrive Early
- Start & Finish on time
- Have Fun!

Key Elements of All Practice Sessions

1. ACTION - Keep all players active.
2. REPETITION - Correct practice makes for correct skills.
3. COMPETITION - Inspire players to compete fairly.
4. ORGANIZATION - Plan ahead of time and be prepared.

Skill Teaching

Every skill you teach will require:

- A. INTRODUCTION - What is the skill?
- B. DEMONSTRATION - How is it done correctly?
- C. PRACTICE - Have players practice with repetition.
- D. EVALUATE - How are they doing? Who needs additional practice?

Practice Rules & Standards

The coach is the one responsible for the productivity of each practice session. In order to establish your leadership role, establish these standards as you practice with your players:

1. Be warmed-up and ready to play when practice is supposed to start.
2. Work hard, have an eagerness to learn and have fun.
3. Encourage and uplift each other at all times.
4. Be a team that demonstrates good sportsmanship.
5. When the coach speaks, the players listen.

Volleyball Glossary

ACE - Serve that is not passable and results immediately in a point.

ANTENNA - Vertical rods (white and red) mounted near edges of the net. The antennas are mounted above the sidelines and are not in play. Antennas are not usually used on outdoor nets.

APPROACH - Fast steps toward the net by a spiker before jumping in the air.

ASSIST - Passing or setting ball to a teammate who attacks the ball for a kill.

ATTACK - The offensive action of hitting the volleyball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

ATTACKER - Also "hitter" or "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.

ATTACK LINE - A line 10 ft. from the net that separates the front row players from the back row players. Commonly referred to as the "10-foot line."

BACKCOURT - The area from the end line to the attack line.

BLOCK - A defensive play by one or more players meant to deflect a spiked ball back to the court. It may be a combination of one, two, or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

CAMPFIRE - A ball that falls to the floor in an area that's surrounded by two, three, four, or more players. At the instant after the ball hits the floor, it appears as if the players are encircling and staring at a campfire.

CENTER LINE - The boundary that runs directly under the net and divides the court into two equal halves.

DIG - Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

DOUBLE HIT - Successive hits or contacts by the same player. Not legal.

DUMP - A strategic move by an opponent where a soft hit is used near the net rather than a spike to catch the other team off guard.

FOUL - A violation of the rules.

HELD BALL - A ball that comes to rest during contact, resulting in a foul.

HIT - To jump and strike the ball with an overhand, forceful shot.

HITTER - Also "spiker" or "attacker."

JUMP SERVE - A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion.

KILL - An attack that results in an immediate point or side out.

OVERHAND SERVE - Serving the ball and striking it with the hand above the shoulder.

PANCAKE - A one-handed defensive technique where the hand is extended and the palm is slid along the floor as the player dives or extension rolls, and timed so that the ball bounces off the back of the hand.

PASS - A pass by which you join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

READY POSITION - The flexed, yet comfortable, posture a player assumes before moving to contact the ball. Also known as "Serve-Receive".

RED CARD - A severe penalty in which an official displays a red card. The result of a red card may be a player is disqualified, the team loses the serve, or the team loses a point. A red card may be given with or without a prior yellow card as a warning; it is up to the official's discretion.

ROTATION - The clockwise movement of players around the court and through the serving position following a side out.

SERVE - One of the six basic skills; used to put the ball into play. It is the only skill controlled exclusively by one player.

SERVER - The player who puts the ball into play.

SERVICE ERROR - An unsuccessful serve in which one or more of the following occurs: 1) the ball fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

SET - The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.

SETTER - The player who has the second of three contacts of the ball who "sets" the ball with an "Overhand Pass" for a teammate to hit. The setter normally runs the offense.

SIDE OUT - Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

SKY BALL - A serve where the ball is hit underhand over the net. The height of the ball is such that it comes down on the other side of the net almost straight down.

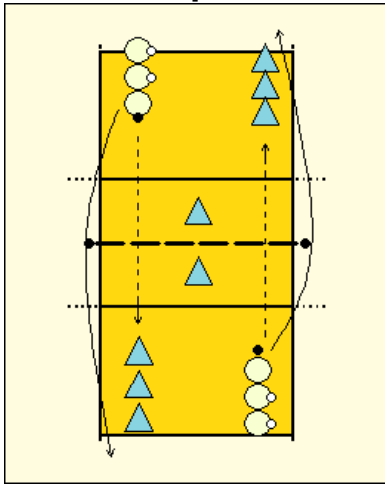
SPIKE - Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

UNDERHAND SERVE - A serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.

YELLOW CARD - A warning from an official indicated by the display of a yellow card. Any player or coach who receives two yellow cards in a match is disqualified. A single yellow card does not result in loss of point or serve.

Warm-Up

• Drill 1: Wrap Around



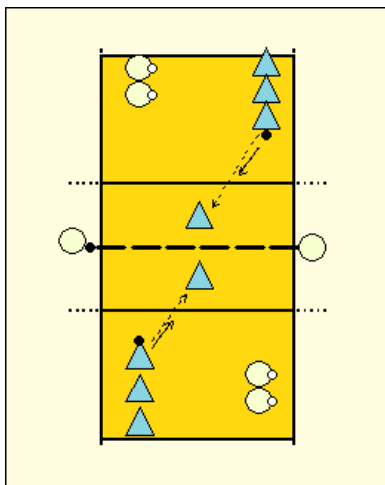
Warm-Up Drill 1, Part 1

Players line up with balls in position 1 (server) on each side of the court.

Players without balls line up in position 5 on each side of the court.

1 player without a ball stands in position 3 on each side of the court.

The player in position 1 sends his ball across the net to the player in position 5 and jogs to the end of the line where the ball has been sent.

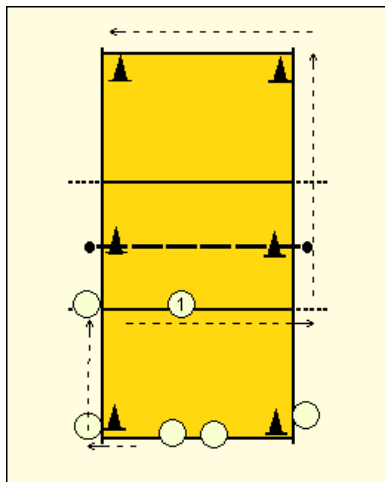


Warm-Up Drill 1, Part 2

The player in position 5 passes the ball towards the player in position 3 (target) and then jogs to the 3 position.

The player in position 3 sets the ball to them self and then jogs with the ball to the end of the line of position 1 players waiting to send their ball over the net.

• Drill 2: Follow the Leader



Warm-Up Drill 2, Part 1

Start by placing cones at the corners of the court and on the outside of the poles.

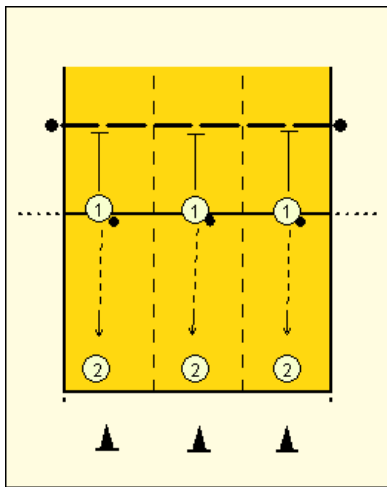
The leader starts in a back corner and backpedals to the 10 ft. attack line, then shuffles across the court (facing the back line) to the right sideline. Then they backpedal again to the opposite corner, then shuffling to the left (facing the net) to the back corner where they sprint through towards the front of the line.

Options:

- Have players perform a pass or set at certain cones
- Have players do 5 push-ups or sit-ups at each transition

Passing

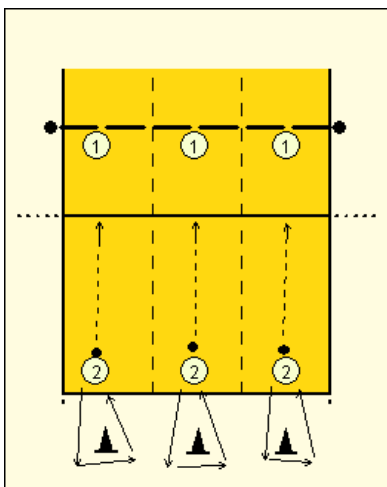
• Drill 1: Run Around the Block



Passing Drill 1, Part 1

Player 1 on the 10 ft attack line, player 2 at the end of the court, a cone is 8ft behind player 2.

Player 1 passes high to player 2, then runs to the net and jumps to try and touch the top, as blocking, and then returns to starting position.



Passing Drill 2, Part 2

Meanwhile, player 2 passes immediately back to player 1, while she is blocking, then runs around the cone and gets back to the starting position.

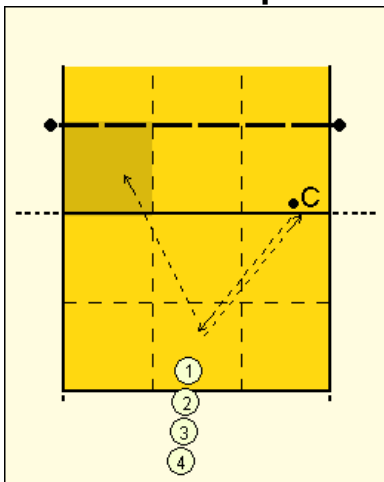
Goal: Learning to set the ball high, Moving feet to the ball, down and ready when players return to starting spot.

At least 60 Seconds, then exchange player 1 and 2.

Options:

- Use only two players for more court space
- Have player 1 stay stationary and player 2 runs only (easier)
- Alternate between passing and setting

• Drill 2: Pass-Up and Pass



Passing Drill 2, Part 1

All the players line up in a line and the first player in line is in a push-up formation with their hands ready to push them up into a down-and-ready stance.

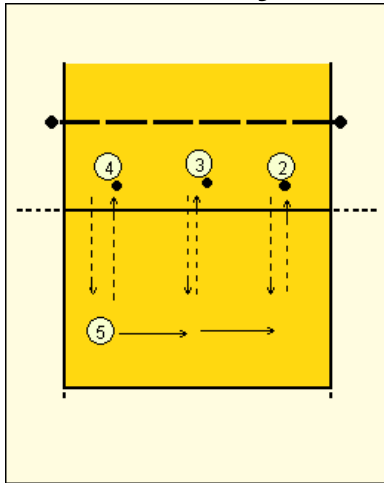
The coach then slaps or tosses the ball and the player on the floor must get up and pass the ball back to the coach or to any designated area on the court.

Goal: Reaction & anticipation to the ball, accuracy to target or spot on the floor, Communication

Options:

- Call floor spot as player is pushing-up for quicker response
- Start player facing backwards *and* laying down
- Create a moving target

- **Drill 3: Sideways**



Passing Drill 3, Part 1

4 players and 3 balls.

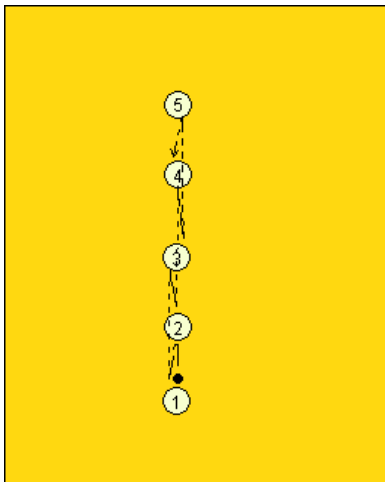
Players 4, 3 and 2 toss the ball to player 5 who passes the ball back to the person they received it from.

Players continue passing for 30-60 seconds. Then rotate players.

Goal: Call the ball, Move your feet, Accuracy back to target, Keep it fast pace to incorporate conditioning.

Setting

- **Drill 1: Back and forth**



Setting Drill 1, Part 1

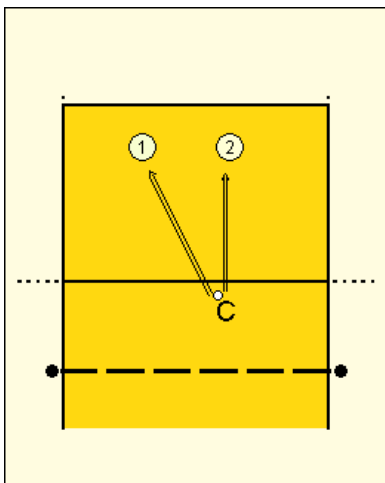
Start with an odd number of players stretched 3-4 ft. apart

Player 1 will start with the ball and tosses it to player 2, who will then set back to player 1. Player 1 then sets to player 3 (player 2 will turn and face player 3). Player 3 will set to player 2, then player 2 will set to player 4 (player 3 will turn and face player 4). Player 4 sets to player 3, player 3 will set to player 5 (player 4 will turn and face player 5). Player 5 set to player 4, who will then set to player 5, then continue back up the line.

Options:

- Set a goal to get a certain number to get in a row.
- Start from them beginning if they drop the ball.

- **Drill 2: Setters Movement**



Setting Drill 2, Part 1

Coach tosses to player 1 who is the passer. Player 2 becomes the setter and must set the pass from player 1 to either the coach, or a specific spot on the floor. Have the players switch lines and repeat the drill.

Setup:

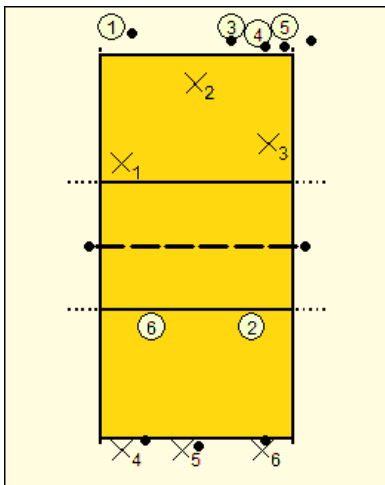
- 2 Setters (or lines), 1 Coach and 1 ball.

Goal:

- Movement
- Accuracy
- Communication

Serving

• Drill 1: Dead Fish



Serving Drill 1, Part 1

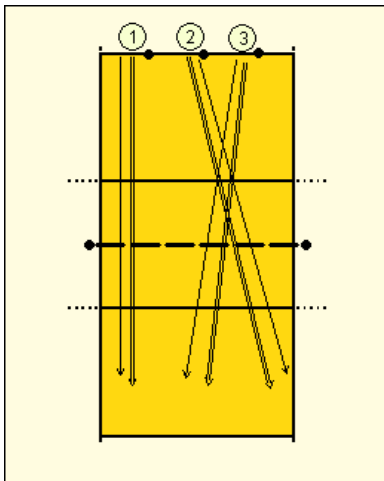
Divide players in two equal groups. Start with 1 player on the opposite side of their team. Both teams serve.

When a player misses their team mate, they have to go lie down on the opposite court. Player can return to the server side when one of their team mates can hit them with a serve.

After a certain time (e.g. 3-5 minutes) the team with most servers hitting the target (team mates), wins.

Losing team does 5-10 push-ups or 15-20 sit-ups.

• Drill 2: Serve n' chase



Serving Drill 2, Part 1

Players serve and chase down their ball. Players then serve from opposite side of the court.

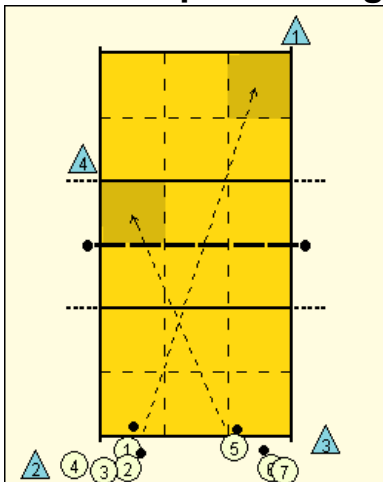
Players must get 5-10 serves in and will do 5-10 push-ups or sit-ups after every miss. Players continue until the entire team has completed the required amount of serves.

Drill requires concentration when player gets to the end line.

Options:

- You can tailor the drill to the level you are coaching by adjusting number of serves in, amount of serves to attempt and amount of sit-ups or pushups.

• Drill 3: Spot Serving



Serving Drill 3, Part 1

Form two lines at the serving line.

Have the first person from both lines serve across and over the net making sure that they are aiming at a certain square.

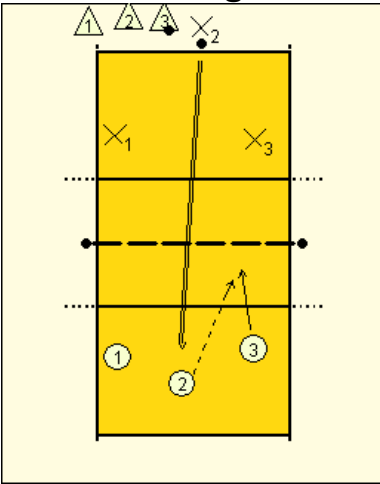
Practice doing this repeatedly telling them specific areas to serve the ball.

Options:

- You can do this with both underhand servers and overhand servers.
- You could use two to three players on the other side of the court to retrieve the balls.

Offense / Defense

• Drill 1: Kings / Queens of the Court



Offense / Defense Drill 1, Part 1

Team A (the crosses) serves. Or coach tosses to Team B (the circles).

Team B (the circles) passes the ball and then tries to use all 3 hits before sending it back over the net.

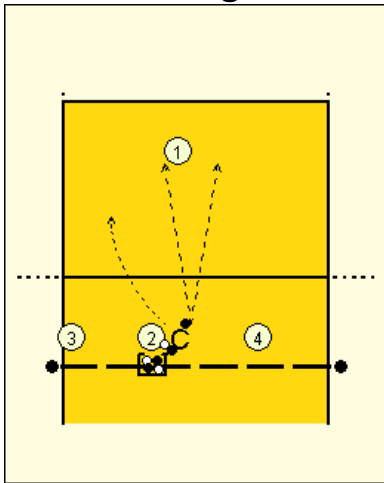
Goal: To win the rally by moving and communicating.

Rotation:

If Team A (the crosses) wins the rally they move to Team B's (the circles) position (winner's side). If Team B wins the rally they stay on the winner's side and Team A leaves the court so Team C (the triangles) can come on for the next group.

Defense

• Drill 1: Dig 2 & Pursue



Defense Drill 1, Part 1

Coach tosses to the left of player 1 who digs and immediately after hitting to the left of player 1, the coach tosses to the right of player 1 who digs again.

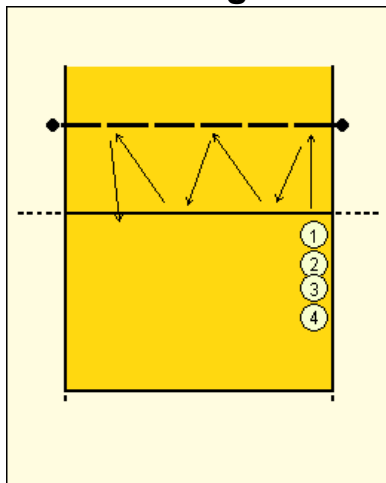
Just after hitting the second down ball the coach tips a soft shot that player 1 must run through and dig.

Options:

- Challenge the player as they become more successful.
- Coach can punch a high/deep ball to simulate a "shank" on the third ball for the digger to pursue (and get a touch).

Blocking / Conditioning

• Drill 1: Dig 2 & Pursue



Blocking / Conditioning Drill 1, Part 1

Have the line of players stand by the 10 ft. attack line.

First player in line runs to the net as if blocking a ball. Then the player will quickly turn around and dive to the floor as if getting to the ball that was unsuccessfully blocked.

The player will then get up and run to the middle of the net continuing the same steps.

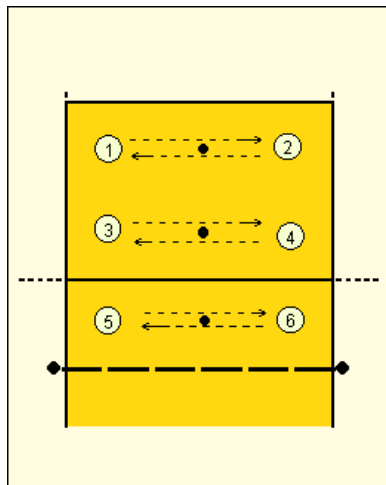
When the first person has made it to the middle then the next person in line goes. Each person should do this 3 times at the net.

Options:

- Toss a ball for each player at the 2nd dive to get a feel for a real dig.

Ball Handling

• Drill 1: Double Hit Ball Control



Ball Handling Drill 1, Part 1

Two players start up with a distance of 10 feet and 1 ball.

Player 1 sets the ball to player 2 who passes the ball to himself and then sets the ball back to player 1.

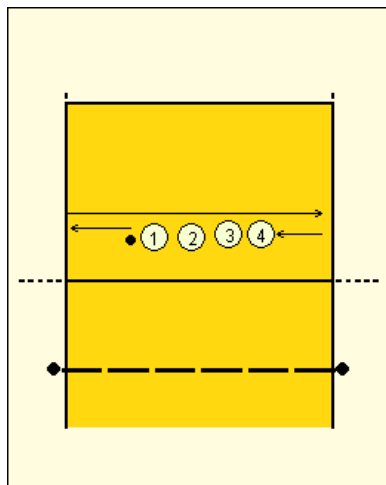
Goal:

- Go on for about 3-5 Minutes
- Keep the ball in play for as long as possible
- Passes and Sets should be as precise as possible.

Options:

- Start up with a distance of only 6 feet. After each set to the other player, the setter steps back one step until they both reach to outside lines of the court. Then they get one step close with each play until they reach 6 feet again.

• Drill 2: In Line



Ball Handling Drill 2, Part 1

4 or more players 1 ball.

The object is to keep the ball in play as long as possible. The ball should stay at the same place.

Player 1 plays the ball high and runs towards the sideline. Reverses direction and goes to the opposite end of the line.

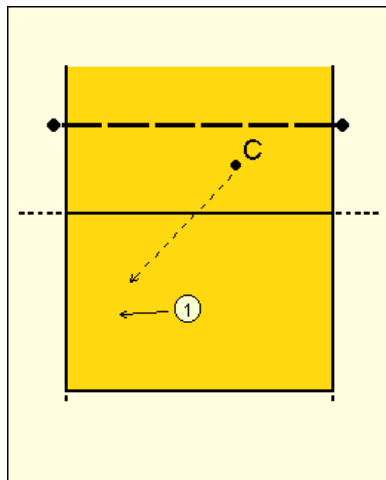
Player 2 does the same as player 1 followed by player 3 and 4, after 4 has played the ball player 1 should be back to play again.

Options:

- Change the type of hit
- Go for a certain amount of time, or certain amount of hits in a row.

Anticipation

• Drill 1: Sound Turn, Receive Pass



Anticipation Drill 1, Part 1

The coach is in position anywhere close to the net.

Player 1 is reversed with their back to coach.

On voice command of coach, player 1 turns around, receives the ball from the coach and passes it back.

Options:

- Choose what type of hit the player must use.
- Player could lie down with his back or stomach on the floor.
- Player may sit down with his face or back to coach
- Coach should change positions so players will need to concentrate.